

What Hardware Do I Need?

- You need an iPhone iPod touch or newer, or an iPad capable of running iOS 12 or later.
- You need a supported heart rate monitor, like a Bluetooth strap or the Wellue Duo EKG. See our [Health Sensor page](#) to purchase a compatible heart rate monitor.
- You need the SweetWater Healths SweetBeatHRV or Recover faster app, Ben Greenfield's Nature Beat app or Brad Kearns BradBeat app. **Download it on iTunes!**